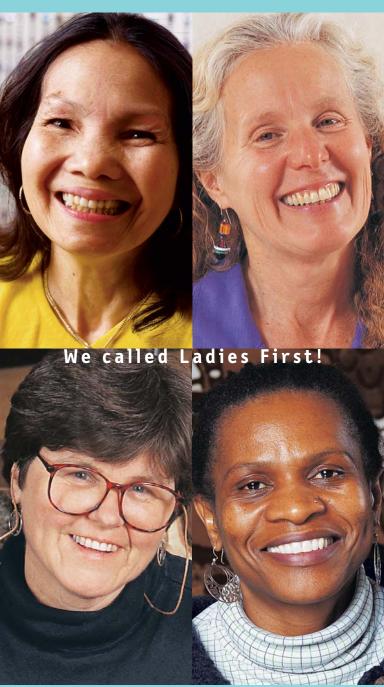
Free health exams!



1-800-508-2222



Free health exams! It's simple and easy.

- Call Kate at the toll free number shown below.
- 2. Sign and return the consent form Kate will send you.
- See a doctor or nurse (or ask Kate to find one for you).
- 4. Congratulate yourself for taking action!

Ladies First offers free mammograms, Pap tests and screenings for cholesterol, diabetes, blood pressure and more for age and income-eligible Vermont women.* Free programs for heart-healthy eating and physical activity are also available.

*Please note women with Medicaid, VHAP and Medicare Part B are not eligible for Ladies First.

Vermont Department of Health



1-800-508-2222

(TDD 1-800-319-3141)

Foreign language and other formats available

Call now to ask about free health exams!